

WHAT'S YOUR A1C?

What is an A1C?

The A1C is a blood test you get at the doctor's office that tells you:

- your average blood sugar level for the past 3 months, and
- your risk (chance) of having other health problems because of diabetes

Why do I need it?

The A1C test is the best way to know if your blood sugar is under good control.

What is a good A1C number?

7 or lower. You and your doctor will decide what number (goal) is best for you.

Talk to your doctor for more information.

**Be your BEST,
Get the TEST!**

